



March 2026 Newsletter

Dear Sunflower Hill Friends,

February was filled with creativity, connection, and plenty of fun at Sunflower Hill! Participants explored their artistic talents with Adama through Valentine's cards, Groundhog Day crafts, Lunar New Year disco balls, and Mount Rushmore-inspired art for Presidents' Day. Our Friday Night Live featured an unforgettable magic show by Alan Leeds and Roy Porfido, delighting everyone with amazing tricks and illusions.

Residents also dressed up and captured special moments ahead of Night to Shine, held at Blue Oaks Church in Pleasanton and hosted by the Tim Tebow Foundation. Participants stayed active with basketball and bocce as they prepared for the Special Olympics season, sang their hearts out during karaoke, and built important life skills in our *Learning with Olivia* session focused on scheduling and keeping appointments. It was a joyful and engaging month all around!

March is Developmental Disabilities Awareness Month! See below for the exciting activities we have coming up



this month.

With gratitude,
The Sunflower Hill Team



Tips for Change at SideTrack



Tuesday, April 14

Reservations open 5:00-7:45 PM

SideTrack Bar + Grill

30 W Angela St, Pleasanton, CA

Enjoy delicious food served by a fun, spirited waitstaff including Pleasanton Mayor **Jack Balch**, CEO/President of the Three Valleys Community Foundation **Kelly Bowers**, SFH board members **John Lengyel** and **Brad Wilson**, and Livermore City Council Member **Evan Branning!**

100% of tips donated through Community Health and Education Foundation (CHEF) will be matched at 50% to benefit Sunflower Hill. Spots will fill up quickly—[make your reservation today!](#)

Reserve Your Seats

Garden Explorers Summer Camp



Join us for hands-on fun at Sunflower Hill's **Garden Explorers Summer Camp!** Our special day camps are designed for individuals with intellectual and developmental disabilities (I/DD), ages 13 and up.

Two sessions are available:

Monday-Friday, June 1-5

Monday-Friday, July 13-17

9:00 AM to 2:00 PM

Sunflower Hill Garden

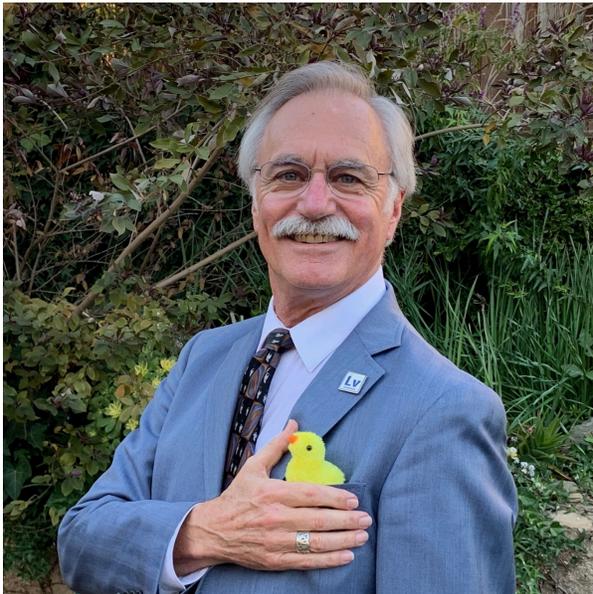
455 Olivina Ave, Livermore

Campers will enjoy a variety of engaging outdoor activities, including: hands-on gardening, creative crafts, simple cooking activities, and movement-based games and exercises. Whether planting, painting, or cooking, there's something for everyone to enjoy!

Regional Center of the East Bay clients welcome.

[Register for Camp](#)

Introducing Our New Chicken Parents



Livermore Mayor John Marchand



Eric Schwegler

This month, we're excited to continue introducing our newest chicken parents: **Mayor John Marchand** and **Eric Schwegler**, parent of Sunflower Hill program participant Zach Schwegler!

Mayor Marchand showed off his impressive chicken dance moves at our gala last October and has already picked out the perfect name for his chick: *Annie Yolkley*. Eric Schwegler plans to name his chick *Bruno* and proudly shares his belief that "eggs are the best."

We're so grateful for their enthusiasm and support as they join our parent brigade. Stay tuned, we'll introduce our remaining chicken parents to you in early April. And be sure to join us on April 11 to meet the real chicks!

Spring Planting Day - Sponsored by Intersect



Saturday, April 11

10:00 AM-2:00 PM

Sunflower Hill Garden

455 Olivina Ave, Livermore

Join us for our **Spring Planting Day**, a special garden gathering to celebrate new growth, connect with our community, and welcome the season of spring. Guests will help plant in the garden and enjoy a day dedicated to all things blooming and beautiful. This is a free event and open to the public. Bring your family!

We'll also be showcasing our newly transformed garden space, including new granite pathways and two wonderful shade structures made possible through a grant from the City of Livermore. Hear a few words from **Livermore Mayor John Marchand** as we celebrate these exciting improvements.

Food and drinks will be served, and our chickens have officially arrived—come meet them! No RSVP needed—join us to celebrate Spring!

Garden News



The garden is undergoing an exciting transformation! With plans approved and permits secured, we've installed electricity throughout the space—bringing power to the greenhouse, shed, harvest area, and program areas. This important upgrade enhances both safety and functionality across the garden.

In addition, two new shade structures are currently under construction, with the framing already in place. We look forward to sharing the finished results with you at Spring Planting Day on April 11!

Roll Out the Red Carpet Gala



We're excited to announce that the theme of this year's Sunflower Hill Gala is "Roll Out the Red Carpet!"

Saturday, October 3

The Club at Castlewood
707 Country Club Circle, Pleasanton

Mark your calendar and get ready for an unforgettable evening filled with glamour, celebration, and community—all in support of Sunflower Hill.

Contact Jennifer Oxe, Development Director, at oxe@sunflowerhill.org for sponsorship opportunities.

More details about the event and tickets will be coming soon. We can't wait to celebrate with you on this very special night!

Corporate Garden Volunteer Groups



Looking for a meaningful team-building opportunity that makes a difference? Bring your corporate team to **volunteer at the Sunflower Hill Garden** at Hagemann Ranch in Livermore!

We offer personalized workday opportunities that can be designed with your employees in mind twice a month from **March through October**. Whether your group is large or small, our corporate program is tailored to elevate your overall garden experience, offering specialized projects or various garden tasks that enhance volunteer engagement and impact.

[Set Up a Corporate Volunteer Day](#)

Community Gratitude



We are incredibly thankful for the generous grants we recently received from our Sunflower Hill community.

Thank you to the **Hindu Community and Cultural Center (HCCC)**, **Drysdale Community Foundation**, and **Rotary Club of Pleasanton North** for these sustaining funds that allow us to support the individuals we serve and the programs that help them thrive.

Board Member John Lengyel receiving a grant check on behalf of Sunflower Hill from the Hindu Community and Cultural Center (HCCC)

Las Positas College Super Hero Run



LPC RUN FOR HIGHER EDUCATION & Tri-Valley Non-Profit Alliance

Saturday, April 25, 2026
9AM Run/Walk
10AM Marketplace Celebration & BBQ

Sunflower Hill is proud to be one of 12 nonprofits benefiting from the Las Positas College Run for Higher Education. Lace up your shoes, gather your crew, and be a hero for your community!

*Saturday, April 25 at 9 am
Las Positas College, Livermore*

[Register today](#) to reserve your spot and be sure to **select "Sunflower Hill"** as the local non-profit you'd like to support! This event is organized by Las Positas College, Tri-Valley Nonprofit Alliance, and the Livermore Chamber.

If you are a participant interested in joining the Sunflower Hill team, contact Olivia, Programs Manager, at olivia@sunflowerhill.org.

Register for the LPC Run

Community Member Spotlight

COMMUNITY MEMBER Spotlight

**VLAD
GOROKHOV**

Program
Participant



Vlad's Story

Our son Vlad joined the Sunflower Hill community with a big heart and an open hand - literally. One of Vlad's most endearing traits is his desire to greet everyone he meets with a handshake and a smile, expecting kindness and warmth in return. It is simply who he is.

Vlad was diagnosed with autism at the age of six. Two years before that, our family immigrated to the United States from Russia, and he had to learn to navigate a new language, a new culture, and a new environment all at once. Like any child would, he faced challenges - but he faced them with courage, persistence, and a natural kindness toward others.

At Sunflower Hill, especially through the Hands-On Garden program, Vlad found a place where his friendliness is not just accepted, but truly valued. His eagerness to greet others, make connections, and welcome everyone into the community has become one of his strengths. In fact, his spirit of inclusion and warmth helped inspire the creation of the Spirit of the Garden Award, and Vlad was honored as its very first recipient. It meant so much to us to see his natural way of connecting with others recognized in such a meaningful way.

Vlad enjoys listening to music, meeting new people, and participating in activities where he can be part of a group. He especially looks forward to his time in the Sunflower Hill garden and the fitness classes at Irby Ranch, where he can stay active, socialize, and continue building friendships.

Today, Vlad lives with us, his parents, and we love traveling together and exploring the world as a family. As he becomes more involved in the Sunflower Hill community, we are hopeful that he will continue building the skills and confidence needed to live more independently in the future.

For our family, Sunflower Hill represents something truly special: a place where people like Vlad are welcomed, empowered, and valued for exactly who they are. We are deeply grateful for the staff, programs, and community that recognize and nurture his strengths and help him continue to grow.

We are thankful to be part of the Sunflower Hill family.

With gratitude,
Larisa and Eugene, Vlad's parents

Irby Ranch Activities

March 2026

Activity Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 Indoor Quiet "Baseball" with Michelle 4 - 5 PM Martial Arts with Fallon 5 - 6 PM	3 Learning with Olivia: Traffic Safety + Mini Walk 3:30 - 4:30	4 Fitness Class w/ Keith 4 - 5 PM Spring 4 Wind/Daylight Savings Clock with Adama 5:30 - 6:30 PM	5 Adaptive Yoga w/ Kriston 5:15 - 6:05 PM	6 Fitness Class w/ Keith 4 - 5 PM Irby Ranch Farmer's Market 3:30 - 4:30 PM Friday Night Live! Live Performance, Dinner Provided, Hands-on Activities and More! 6 - 7:30 PM	7 
8 	9 Scavenger Hunt and Nature Walk with Michelle 4 - 5 PM	10 Cooking Class with Julia Ford: Paints and Protein Balls 4 - 5 PM	11 Fitness Class w/ Keith 4 - 5 PM St. Patrick's Day Decorations with Adama 5:30 - 6:30 PM	12 St. Patrick's Day Craft with Michelle 4 - 5 PM Adaptive Yoga w/ Kriston 5:15 - 6:05 PM	13 Fitness Class w/ Keith 4 - 5 PM	14 
15 	16 Valley Humane Society Walking Field Trip 3:30 - 4:30 PM Martial Arts with Fallon 5 - 6 PM	17 St. Patrick's Day Bingo with Sunflower Hill + LABPO 3:30 - 4:30 PM HAPPY ST. PATRICK'S DAY!	18 Fitness Class w/ Keith 4 - 5 PM Adama's St. Patrick's Day Themed Birthday Party 5:30 - 6:30 PM	19 Fun with VFP: Papers and Movie Day 4 - 5 PM Adaptive Yoga w/ Kriston 5:15 - 6:05 PM	20 Fitness Class w/ Keith 4 - 5 PM Bring Your Own Dinner + Warriors Watch Party 5 - 6:30 PM	21 
22 	23 Pet Therapy and Coloring Hour 4 - 5 PM Palm Sunday Trees with Adama 5:30 - 6:30 PM	24 Stress Ball Craft with Michelle 4 - 5 PM	25 Fitness Class w/ Keith 4 - 5 PM Music Mends Minds Drum Circle 5:45 - 6:45 PM	26 Zippy Library Truck Drop-in Outreach Event: Get Library Cards, Books, Play Games 3 - 5 PM Adaptive Yoga w/ Kriston 5:15 - 6:05 PM	27 Meditation Activity with Michelle 1 - 2 PM Fitness Class w/ Keith 4 - 5 PM	28 
29 	30 All About Recycling with Michelle 3 - 4 PM	31 Sunflower Hill Led Activities HCEB Led Activities Parent/Resident Led Activities SAHA Led Activities	 <p>Scan the QR Code to Register for Events!</p>			

Please refer to the Activity Outline for more details.
The date, time, and location of activities is subject to change.
Please check the community cork board for more activities led by residents and caregivers.
<https://sunflowerhill.org/programs/irby-ranch/>

**If a participant requires 1:1 support to engage in an activity, it is required to bring your own support. Parent/caregiver/support staff should plan to attend and fully participate in each activity, supporting the participant as needed. Sunflower Hill staff does not provide 1:1 support during activities.

**Registration is required to participate in Sunflower Hill Activities at Irby Ranch.

As the days grow warmer, we're excited for a fun-filled March 2026 at Sunflower Hill Irby Ranch! Participants will create Daylight Saving, St. Patrick's Day, and Palm Sunday-themed art with Adama, celebrate with festive bingo and a St. Patrick's party, and cheer on the **Golden State Warriors** at a bring-your-own dinner watch party.

We'll also enjoy a **Music Mends Minds** drum circle with Phil Didlake, a visit from the **Pleasanton Public Library** Zippy Library truck, and a walking field trip to the **Valley Humane Society**. It's shaping up to be a month full of creativity, community, and new experiences—sign up on our website to join the fun!

Register for Irby Ranch Activities

Donate to Sunflower Hill